

WHAT IS CLAIMED IS:

- 1 1. A combination snowboard, binding and mount comprising:
  - 2 a. a snowboard having a center-line wherein said
  - 3 snowboard has a channel longitudinally extending along
  - 4 said center-line;
  - 5 b. a rail disposed in said channel and fixedly
  - 6 coupled thereto wherein said rail is a flexible member
  - 7 and has a key-slot and two series of parallel notches;
  - 8 c. a binding base plate disposed on said snowboard;
  - 9 d. a disc being rotatably coupled to said binding base
  - 10 plate; and
  - 11 e. a locking mechanism securely coupling said rail to
  - 12 said disc.